

Last Chance Half Marathon
Sunday, November 13, 2022
Participant Info

COVID PROTOCOLS: There are none! Woohoo! But please do not attend if you aren't well.

WASHROOMS: There are washrooms on the main floor of the community centre. These washrooms also have change rooms. Post race there are two additional washrooms in the community centre space we have access to.

RACE PACKAGE PICK UP: package pick up is at Strides Running Store, Marda Loop (3566 Garrison Gate SW) on Saturday, November 13 between 10:30 and 4:00. In order to reduce congestion, you must sign up for a package pick up window of time. You can pick up more than one package, just be sure to indicate how many spots you are taking. Registration for package pick up will be available the week before the race.

RACE START: The race starts at the North Glenmore Park Community Centre which is located at 2231 Longridge Drive SW. We have a 9:30 start for half marathon participants who plan on taking longer than 2 ½ hours to complete the race. Please do not start at 9:30 if you are much faster than that as course marshals will not yet be in place. The main half marathon group will start at 10:00 with all 10km runners starting at 10:15.

BAG CHECK: We will have an area outside for you to store gear bags while you run. Look for the big Centaur Subaru tent. Please make sure your name is on your bag for easy identification. You can leave your bag with the volunteers at the late check in table.

PARKING: There is limited parking on site at North Glenmore Park Community Centre. You can also park in the lot at the Calgary Girls Charter School next door to the community centre. There is also plenty of street parking throughout the community.

THE ROUTE: both the half marathon and 10km routes are direct out and back, starting on the grassy area beside the community centre and heading onto the pathway that parallels Glenmore Trail. You will follow the path past the Rockyview hospital, through Eagle Ridge, past Heritage park and along the reservoir. The 10km will turn around between Glenmore Landing and the Calgary sailing club. The half marathon continues along the reservoir turning south to cross under 90th Ave and run on the pathway along Oakridge continuing to the turn around point near Anderson Road. There will be marshals to help guide you as well as directional signage along the way. Chalk arrows will also be on the pavement so, when in doubt, look down! [Route maps can be found on our website by clicking here.](#)

HEADPHONES: Please no headphones or earbuds. You need to be able to clearly hear the directions of marshals and others around you.

TIMING: We use a system called Bibtag for timing. Your timing chip is on the back of your race bib. Please do not bend your bib as it will affect your timing tag. Wear your bib on your front so that it is clearly visible. Do not put a coat or other clothing over your bib or your timing tag may not register properly.

AID STATIONS: There will be two aid stations on course. One at approximately 4km with water only. All runners will pass by this station twice. The second aid station will be at about 8.5 km on the half marathon. This station will have water and Gatorade. Half marathon runners will pass this station twice giving you a total of four stations over the route.

POST RACE BBQ & BEER: Your post race BBQ is provided by the Notorious P.I.G food truck serving award winning pulled pork, Louisiana chicken and a vegetarian smoked sandwich option. You will see the food truck at the north end of the parking lot. Please head over whenever you're ready for your meal; your race bib is your meal ticket. Beer will be available for purchase for \$5.00 – please bring cash. You can also purchase an extra meal ticket for spectators. You will see ticket and beer purchase set up between the food truck and the big blue Centaur Subaru tent. You can only consume beer within the tent or inside the community centre. We have access to community centre space on the second level so please feel free to take your meal and beer inside if you wish.

POST RACE MASSAGE AND A.R.T.: Centennial Wellness will be on hand to provide post race massage and A.R.T. They will be set up inside the community centre.

AWARDS: We have medals for the top three finishers in each age group broken into 10 year categories. Awards will take place inside the community centre beginning at approximately 11:30 for the 10K and 12:15 for the half marathon. Draw prizes will be pre-drawn so please check with our volunteers as you enter the community centre to see if you've won a prize.